



Orthodox church services

The Orthodox church services for Lent include:

- ☐ Great Vespers – 6 p.m. Saturday
- ☐ First Sunday of Lent, Sunday of Orthodoxy – 9:30 a.m. Sunday
- ☐ Vespers and pre-sanctified liturgy – 7 p.m. Wednesday
- ☐ Great Vespers – 6 p.m. March 22
- ☐ Second Sunday of Lent, St. Gregory Palamas – 9:30 a.m. March 23
- ☐ Vespers and pre-sanctified liturgy – 7 p.m. March 26

Services are at St. John De Sepulchre Church, Ber Street, Norwich. For more information, call Rev. Patrick Hodson at (01362) 6993397.

Veterans benefits

A veterans benefits information briefing is 1:30 - 3:30 p.m. March 24 in the base chapel. The briefing is open to anyone interested in learning about their Veterans Administration benefits and entitlements. For more information, call Ext. 3847.

Children's group

The family advocacy program is starting a group for children who have been impacted by family violence. For more information, call Julia Thacker at Ext. 2409.

Blood drives

The blood donor center sponsors a blood drive Thursday. For more information or to make an appointment, call Ext. 6524.

Codependency meeting

A new codependency anonymous group meets at 7 p.m. Wednesdays in the social actions building. For more information, call

Chap. (Capt.) Scott Ofsdahl at Ext. 3711.

Health-and-wellness center

The health-and-wellness center sponsors a shoulder-disorder class from 3 - 4 p.m. March 21 in the center. The class covers common causes of shoulder pain and ways to prevent and recover from disorders. For more information, call Ext. 2710.

Roll the Stone Away

Reflections presents an Easter drama at 7 p.m. March 22 in the Breckland Middle School Auditorium, Crown Street, Brandon. "Roll the stone away" is free. Donations of dry or canned goods are accepted. For more information, call (01842) 827546 or (01842) 814007.

Scholarships

☐ The community scholarship association accepts applications for vocational-school and college-bound high-school seniors and graduating family members attending British schools. Selection is based on student grades, ACT/SAT scores, course-load difficulty, extracurricular activities, goals and ambitions. Application deadline is today. For more information, call (01638) 533191.

Long-term parking lot

The long-term parking lot at RAF Mildenhall is closed now. People should move their cars by today for a construction project. An interim parking lot is set up across from the softball field in front of the recycling center. For more information, call SSgt. Glenn Languirand at 89-2060.

Embry-Riddle

Registration for Term IV at Embry-Riddle Aeronautical University begins Monday and

classes begin March 31. The university offers a bachelors degree in Professional Aeronautics and a masters degree in Aeronautical Science. People with a seven-level in an aeronautical-related career field could earn up to 45 hours of credit towards bachelors' degrees. Weapons systems officers, F-15 pilots and maintenance officers can earn up to 12 hours towards a masters degree. For more information, call Susan Ferguson at Ext. 2464.

Central Texas College

Term IV schedules are available at Central Texas College and registration begins Monday. For more information, call Karla Akin at Ext. 3177. Office hours are 8 a.m. - 4:30 p.m. Mondays - Thursdays.

University of Oklahoma

The University of Oklahoma sponsors the graduate-level course Career Development: Organizational and Individual Approaches, April 29 - May 4. Students may enroll until March 28.

The university also offers a 34-hour non-thesis Master of Human Relations Degree. For more information, call Barbara Lamont at Ext. 3125.

City Colleges of Chicago

City Colleges of Chicago offers more than 40 video courses in general subjects including biology, history, social sciences, math and English. For more information, call Pam Reinhard at Ext. 3825 between 8:30 a.m. - 4:30 p.m. Mondays, Tuesdays, Thursdays and Fridays.

Musicians needed

The RAF Molesworth chapel seeks musicians for the Protestant chapel program. For more information, call DSN 268-3343.

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

New hours

The family services area hours have been lowered due to low manning. People who need to pick up items should do so between 10 a.m. and 4:30 p.m.

Career Café

The Career Café, a series of lunch-time seminars to sharpen job-search skills, is 11:30 a.m. - 1:30 p.m. today in

the family support center. This session concentrates on preparing United Kingdom resumes and application cover letters. The next session is from 11 a.m. - 1 p.m. March 21 and focuses on interviewing and dressing for the job-hunt process.

Seminar canceled

The "Working in the United Kingdom" seminar slated for March 31 has been canceled.

Transition assistance

A three-and-a-half-day transition assistance seminar is from 1 - 5 p.m. Monday and from 8:30 - 5 p.m. Tuesday, Wednesday and Thursday in the conference room. The seminar provides training in job-search skills to assist military members and fami-

lies transitioning from military to civilian careers.

Children's behavior

A managing children's behavior seminar is 6 - 8 p.m. Tuesday in the conference room. Learn practical methods of managing young children's behaviors using a positive approach as a parent, caregiver or home-daycare provider.

Out of hock

An out of hock seminar is 2 - 4 p.m. Tuesday in the small conference room. The seminar helps participants identify, control and reduce their current debts.

Teen life

A teen-life group meets from 5:30 - 6:30 p.m. March 21 at the youth center. The group promotes personal development and effective coping skills among teenagers.

Information briefing

A newcomers briefing is 8 - 11:30 a.m. Tuesday at the base theater.

Second language

An English-as-a-second-language class meets from 6 - 8 p.m. Wednesdays and from 6 - 9 p.m. Thursdays in the small conference room. The instructor teaches conversational English as well as American social customs and traditions.

Hearts Apart

The Hearts Apart support group meets from 9 - 10 a.m. Fridays at the base chapel. While adults are in Hearts Apart, the children attend Little Hearts Apart, a three-hour program designed for children with a deployed parent.